

2015

Make mental health your priority!

All of us face stress and pressures in our daily lives. The commitments of work versus family, the expectations that others place on us and in many cases the expectations we set for ourselves. How do we ensure that these stressors do not overwhelm us or perhaps even make us ill? What strategies can we put in place? What resources can we access for assistance?

How do we start to take the first steps towards this goal? The Health and Wellbeing website has some great tips on how to get started ([click here](#)) and who to call ([click here](#)).

It's a new year! Time to set some new goals. Let's make 2015 the year we commit to making our own mental health a priority!

Is physical activity really good for my mental health?

One of the strategies we can put in place to improve mental health is to be physically active and if possible outside. Physical activity and sunshine make us feel good!

This [work health life blog](#) from our Employee and Family Assistance provider tells us why.

The [School Improvement Network](#) has some great resources on staying positive and keeping stress at bay. This article talks about keeping a positive attitude by performing acts of kindness, focusing on what's working and expressing appreciation as three ways to accomplish this goal. This information is great for all staff not just teachers. [Click here](#) to read more....

Coming in February:

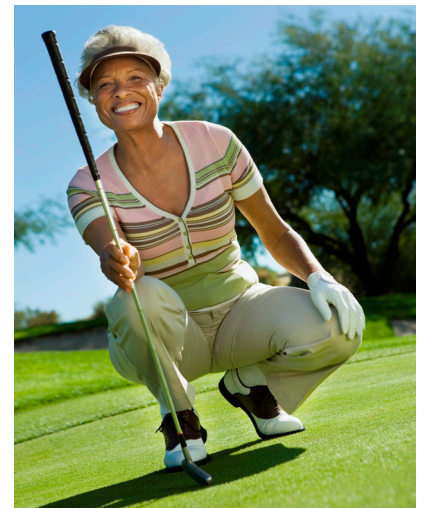
February is traditionally known as Heart and Stroke month. It is also the month we celebrate love and friendship on Valentines' Day. This year the Health and Wellbeing committee would like KPR to celebrate February as "Kindness Month". We will kick that off with our February Challenge, "Kindness Bingo", stay tuned for more details on how to play and how to win!!

Start thinking now! How can your school (location) create a kinder environment and build community with each other. Share your ideas with us and we will include them in the February newsletter.

Remember to follow us on:

 **Twitter @HandWkprdsb**
Health & Wellbeing Conference:
[Click here](#)

Health & Wellbeing Website:
[Click here](#)



If you have any ideas or suggestions for challenges or programs you would like to see please contact any member of your committee. *Your Health and Wellbeing Committee members are:*

Kathy Bell	Marga Koetje
Scott Carl	Michael McGinn
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